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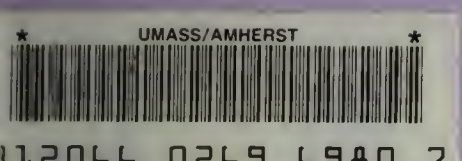

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MEAP

MASSACHUSETTS EMPLOYEE ASSISTANCE PROGRAM

MEA

WHAT DOES MEAP STAND

"MEAP" stands for the Massachusetts E

WHAT DOES MEAP DO?

MEAP helps solve personal problems. S
MEAP for confidential help with proble
alcoholism. Drug abuse. Legal or financi
relationship problems. MEAP counselor
help you find more help in your commun
you a place to call and people to talk to w

DO I HAVE TO HAVE A PRO

Not at all. If you just need to talk to som
about services in your community, MEAP
help however they can.

DOES MEAP INCLUDE ME?

Over 36,000 state employees and their fam
can find out if you and your family are c
office at work. Or, look for MEAP posters
office or worksite. You can also call the D
Boston to find out if you're covered by M

A P

OR?

loyee Assistance Program.

e employees and their families can use
that are troubling them. Problems like
roubles. Stress. Job burnout. Family or
iscuss the problem with you. They can
if you need it. Most of all, MEAP gives
ı your problems are getting in your way.

LEM TO CALL MEAP?

ıe, to let off steam, or to ask a question
a good place to call. The staff are there to

:s are covered by MEAP right now. You
:red by MEAP by asking the personnel
ıerever official notices are posted at your
artment of Personnel Administration in
AP. Call (617) 727-8097.

WHAT IF I'M TOLD I'M NO

Even if you're not covered by MEAP rig
with your problems. You can call the
Service, Monday to Friday from 8:30
Outside Metropolitan Boston, call toll-f
where you live, and is confidential. Whe
your community to call for help with y

**NOTE: THE REST OF THESE QUES
EMPLOYEES WHO ARE CO**

WHO DO I TALK TO WHE

A MEAP counselor will talk with you
discuss your problem with you and as
counselors are not state employees. Th
been contracted to provide MEAP servic
gists, or other professionals.

WHAT HAPPENS AFTER T

After the first call, the MEAP cou
conversation or may ask you to come in
counselor decide what you need to do
counselor may suggest that you see some
so, the MEAP counselor will probably ca
you're doing. All of your conversations
that the MEAP counselor suggests you

IS MEAP FREE?

Talking to a MEAP counselor, over the p
and their families. If you go to another a
MEAP counselor suggests it, there may

COVERED?

now, you and your family can still get help
tewide MEAP Information and Referral
n. to 5:00 p.m. In Boston, call 367-6960.
1-800-842-2248. The call is free no matter
ou call, you'll get the name of someone in
problem.

ONS AND ANSWERS APPLY ONLY TO
RED BY MEAP.

CALL MEAP?

hen you call MEAP. The counselor will
ou for some basic information. MEAP
work for private organizations that have
Counselors are social workers, psycholo-

FIRST CALL?

or may want to have another phone
the MEAP office. Together, you and the
get help with your problem. The MEAP
e in your community that can help you. If
ou at a later date to follow up and see how
th MEAP, and any contact with services
, remain strictly confidential.

ne or in person, is free for state employees
ncy or person for more help, because the
a charge for those services. Your MEAP

counselor will work with you to find ser
be afraid to call MEAP because you th

WHO WILL KNOW I'M USI

MEAP will tell no one that you called
will not be told. Your co-workers won'
confidential. Your privacy is always res

WHAT RECORDS ARE KE

When you call MEAP, you will be aske
you work and how long you've worked
have. This information becomes part
record at your doctor's office. The re
information can be released about you u
is totally confidential. The information

WHY WAS MEAP STARTE

People with problems simply don't wor
families an opportunity to prevent their
jobs and with their lives. The program
problems that have become too big for
healthier and more productive state wor
cares about the people who make it wor
care.

MEAP also helps to control health
employees can work out their problems,
In fact, they may be able to keep workin
problems are so overwhelming.

s that are free or that you can afford. Don't
the help you need is too expensive.

G MEAP?

nelp, or even just to talk. Your supervisor
ow unless you tell them. MEAP is totally
ted.

ABOUT ME?

ome questions: your name and age, where
re, and what kind of health insurance you
our MEAP record, just like the medical
d is for the MEAP counselor only. No
ss you give written permission. The record
t is protected by law.

s well. MEAP offers employees and their
onal problems from interfering with their
helps employees and their families solve
em to handle on their own. The result is
s. Massachusetts state government really
· and programs like MEAP show that we

costs, saving taxpayer dollars. When
y may need less time away from their jobs.
nstead of leaving their jobs because their

REMEMBER - -

TO CONTACT MEAP:

- ASK YOUR PERSONNEL OFFICE
- CALL THE DEPARTMENT OF PERSONNEL ADMINISTRATION IN BOSTON, (617) 727-8097
- LOOK FOR MEAP POSTERS WHERE OFFICIAL NOTICES ARE POSTED
- CALL FOR HELP:

  IN BOSTON, 367-6960;
  OUTSIDE BOSTON, CALL
  TOLL FREE 1-800-842-2248

137M-5-86-810241